



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09116, Grapefruit, raw, white, all areas

Report Date: June 30, 2017 10:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	90.48	34	0.072	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.69	35	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.33	33	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	8.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	7.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	12	27	0.320	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.06	32	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	9	59	0.314	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	8	34	0.358	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	148	43	2.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	0	19	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.050	33	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.013	32	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	1.4	5	0.315	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	33.3	27	0.867	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.037	27	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.269	27	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.043	19	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	10	30	0.807	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	30	0.807	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	7.7	--	--	--	--	--	--	--	--	Calculated or imputed	09112	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Amino Acids</b>													
Tryptophan <sup>3 4</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Threonine <sup>3 4</sup>	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Isoleucine <sup>3 4</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Leucine <sup>3 4</sup>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Lysine <sup>3 4</sup>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Methionine <sup>3 4</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine <sup>3 4</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Phenylalanine <sup>4</sup>	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Tyrosine <sup>3 4</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Valine <sup>3 4</sup>	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Arginine <sup>3 4</sup>	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Histidine <sup>3 4</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Alanine <sup>3 4</sup>	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Aspartic acid <sup>3 4</sup>	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glutamic acid <sup>3 4</sup>	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glycine <sup>3 4</sup>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <sup>3 4</sup>	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Serine <sup>3 4</sup>	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
<b>Flavonoids</b>													
Flavanones													
Hesperetin <sup>5</sup>	mg	0.6	--	--	0.64	0.64	--	--	--	--	--	--	--
Naringenin <sup>5</sup>	mg	21.3	--	--	21.34	21.34	--	--	--	--	--	--	--
Flavones													
Apigenin <sup>6</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin <sup>6</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <sup>6</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <sup>6</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin <sup>6</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein <sup>7</sup>	mg	0.04	--	--	0.04	0.04	--	--	--	--	--	--	--
Genistein <sup>7</sup>	mg	0.03	--	--	0.03	0.03	--	--	--	--	--	--	--
Total isoflavones <sup>7</sup>	mg	0.06	--	--	0.06	0.06	--	--	--	--	--	--	--
Biochanin A	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
Formononetin	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
Coumestrol	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
<b>Sources of Data</b>													
<sup>1</sup> R J Bushway Determination of alpha- and beta-carotene in some raw fruits and vegetables by high-performance liquid chromatography, 1986 J Agr Food Chem 34 pp.409-412													
<sup>2</sup> I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659													
<sup>3</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD													
<sup>4</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD													

<sup>6</sup>Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71

<sup>7</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298